VANCOUVER metro®

NEWS WORTH SHARING.

Fact: Captain America barely made the rank of captain

Use Metro AR to see behind-the-scenes photos of Cappy's newest film PAGE 13

NO ONE'S ANONYMOUS ... ANYMORE

PRIVACY IS IN SHORT SUPPLY THESE DAYS. IN DAY 1 OF OUR THREE-PART SERIES, METRO TALKS TO HACKERS WHO WANT TO HELP PRESERVE WHAT'S LEFT OF YOURS PAGES 8 & 9

Ambulance wait times are up: Fire chief

Dispute. But EMS official denies claims that downgrading certain types of calls has increased risk to patients

Vancouver's fire chief says locals now wait an average of 21 minutes longer for ambulance service. ERIC DREGER/THE CANADIAN PRESS FILE

If you fall, hit your head or are sexually assaulted, chances are you'll wait longer for an ambulance when you call 911 in B.C.

But just how much longer — and whether the extended wait is acceptable — is subject to a dispute between the B.C. Ambulance Service and Metro Vancouver municipalities.

The extra time stems from the ambulance service's October 2013 decision, made with scant consultation, to downgrade ambulance service to a routine response from a lights-and-sirens emergency for 39 call types including trauma, motor-vehicle accidents and abdominal pain.

Based on extensive data, it found it was over-responding to calls where patients didn't need immediate assistance.

But Vancouverites have since waited an average of 21 minutes longer for an ambulance to arrive after first responders (fire crews) get to the scene of an incident, fire Chief John McKearney told an appalled city council Tuesday.

He told the story of a 65-year-old man who, bleeding from his head and disoriented after falling down two flights of stairs in November, waited 49 minutes for an ambulance to arrive after the firefighters, who can't transport patients and don't provide much medical assistance, arrived, McKearney said.

Other municipalities, including Surrey and Port Coquitlam, have the same problem, prompting Vancouver to pass an urgent motion asking the ambulance service to work with cities to resolve the issue.

But the ambulance service disputes the fire chief's numbers and called his examples "extreme outliers."

Response times are only up by six minutes for the lower-priority calls and, because the new system has freed up resources, response times for high-priority calls are 30 seconds faster, according to Dr. William Dick, vice-president of medical programs at B.C. Emergency and Health Services.

People should not worry and patient outcomes haven't changed due to the waits, Dick told reporters in a hastily organized news conference responding to the chief's presentation. "You're going to get a response and you're going to get the correct kind."

The changes were not to save cash, but for efficiency, he said. By sending first responders including firefighters to every call, municipalities are "shepherding their taxpayers' money to these calls where they're probably not medically required," he said.

While he doesn't like to see patients wait, he said that's an unfortunate reality of the system.

Dick does admit the consultation could have been better. He hopes to work with the municipalities and will review the program at the end of April.

In a statement, the Ministry of Health encouraged the parties to discuss their issues.

But McKearney still defends his data. Patient outcomes are the same because first responders stop people from getting worse, not because people can stand to wait, he added. The system needs to better classify its calls, he said. EMILY JACKSON/METRO

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Northern Gateway

Premier never lobbied for Enbridge, her office says

The premier's office has shot down a report linking Christy Clark to lobbying efforts on behalf of Enbridge's Northern Gateway project.

The Vancouver Observer reported Tuesday that Clark was listed as a partner of a lobbying firm that was contracted by Enbridge while she was out of politics.

Burrard Communications' Mark Marissen (Clark's ex-husband) and John Fraser are listed as consultants for Enbridge on the federal lobbyist registry, having acted on behalf of the energy company in 2005 and 2006.

Clark is listed as a partner of the firm in a 2008 document obtained by the Vancouver Observer, but her office has denied she ever worked on behalf of Enbridge.

"She never worked for Enbridge and by the time she briefly worked at Burrard, Enbridge was not a client," the premier's office told Metro in an email. "The story is not correct."

As Premier, Clark has refused to support the proposed Northern Gateway pipeline project until Enbridge meets five outlined conditions: successful completion of the environmental assessment process, world-leading marine and terrestrial spill response and recovery plans, addressing aboriginal concerns and providing B.C. with a fair share of benefits.

MATT KIELTYKA/METRO

A recent study released by credit card reader company Square says the average amount tipped in Vancouver is 13.4 per cent, below what should be acceptable, an etiquette expert says. KAYLA ISOMURA/METRO

Vancouverites not big tippers: Survey

Acceptable? Only 62 per cent of customers tip for service at an average of 13.4 per cent

Is Vancouver a city of bad tippers?

While not the worst, Vancouverites tip below the norm in the service industry, according to a survey released by Square, a credit card reader company.

Square announced last week that only 62 per cent of customers in Vancouver tip for service at an average of 13.4 per cent.

However, etiquette instructor Carey McBeth said acceptable practice is tipping between 15 to 20 per cent for services, such as at restaurants.

"More people are tipping on the 18 per cent side," she said. "At hotels and parties of six plus, there is an 18 per cent tip in gratuity."

Square surveyed four other Canadian cities — Ottawa, Toronto, Montreal and Calgary — and found that Ottawa topped the list with people tipping 76.7 per cent of the time at an average tip of 15.6 per cent, while Calgary ranked on the bottom, tipping an average of 13.3 per cent with 59.4 per cent of customers leaving tips.

McBeth said customers should not feel obligated to tip, but if the service is above what's expected, to increase the tip or let management know.

If service is bad, "take a look at the underlying factor," she said.

"If you don't tip, you're hurting the server," said McBeth, noting it also affects bartenders, bussers and hostesses.

No-tip obligation services include takeout and delivery but customers should consider the service received in delivery situations.

"People forget they're providing a better service bringing the meal to the door," McBeth said, suggesting tipping between 10 and 15 per cent on delivery services.

KAYLA ISOMURA/FOR METRO

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Grizzly bear hunt. B.C. issues yet more permits

B.C.'s controversial spring grizzly-bear hunt opened Tuesday, with the highest number of tags issued in decades.

Based on government counts that showed stabilization of specific grizzly populations previously closed due to over-hunting, the government reopened several areas to hunting this year. An estimated 1,800 tags will be issued, up from about 1,700 last year.

"We have spent a lot of resources improving our understanding of the number of bears in British Columbia, and I'm quite comfortable that it's good enough to allow us to conservatively manage the hunt," said Garth Mowat, a provincial-government grizzly-bear biologist in the Kootenay region.

Though 1,800 hunting tags will be issued, on average about 300 grizzlies are killed annually.

Provincial biologists estimate there are approximately 15,000 grizzly bears in the province, which is home to about a quarter of the remaining North American population. Only Alaska has more.

Biologist Paul Paquet of the Raincoast Foundation said it's difficult to get a proper count of grizzly bears and there could be far fewer — too few.

"The real numbers could be somewhere as low as 6,000 or as high as 18,000. We just don't know," Paquet said.

But the bigger question is the moral one, he said.

"Is this ethical, to be hunting bears? That's really what's at issue," Paquet said. "This is a trophy hunt, as opposed to a hunt for food."

THE CANADIAN PRESS

Underway

The spring grizzly hunt runs from April 1 to the end of May. The fall hunt begins Oct. 1 and continues into mid-November.

Growth spurt

TransLink turns 15

TransLink celebrated its 15th birthday on Tuesday.

The organization, which first launched in April 1999, has since expanded with rapid-transit lines, road and bridge networks and other public transportation services.

CEO Ian Jarvis complimented the "safe, efficient and reliable service TransLink provides," in a news release.

Since 1999, passenger trips have increased by 56 per cent, while Metro Vancouver's population has grown by 15 per cent.

KAYLA ISOMURA/FOR METRO

#RyanChallenge

Marathon wants to grab Gosling or reel in Reynolds

The BMO Vancouver Marathon has extended invitations to Canadian actors Ryan Reynolds and Ryan Gosling.

The #RyanChallenge is aimed at bringing either face to the event to help raise awareness for the charities involved, said marathon director Charlene Krepiakevich.

"We hope that despite their busy schedules, both Ryans are able to … attend," she said in a release.

KAYLA ISOMURA/FOR METRO

Sensible BC director Dana Larsen delivers 202,037 signature sheets from his Cannabus to Elections BC in Victoria last December. CHAD HIPOLITO/THE CANADIAN PRESS

'Jam the phones,' cries Sensible BC

And nation responds. Director says thousands called, faxed, mailed in complaints over new medical marijuana law

SAM SMITH
vancouver@metronews.ca

Sensible BC led the charge for Canadians across the country in challenging the new Marihuana Medical Access Program laws that came into effect Tuesday.

Director Dana Larsen said thousands of people protested the new laws — which he says hurt patients who require marijuana for medical reasons — by sending in calls, faxes and letters to Health Canada and Minister of Health Rona Ambrose.

"We want the government, Health Canada and Rona Ambrose to know there's Canadians all across the country who may not use medical marijuana themselves that don't like this," Larsen said.

The campaign asked Canadians to "jam the phones" and have them "all ringing off the hook all day long."

"There's 10 licensed companies now, but that's not enough on hand to service 40,000 medical-marijuana patients," Larsen said. "I've talked to some myself, and they're just saying now they're just getting going."

Health Canada does not endorse the use of marijuana, but the courts have approved reasonable access for medicinal purposes.

"As a result, the government of Canada believes that this must be done in a controlled fashion to protect public health and safety," the federal government said in a press release.

They also say they have heard from mayors, fire chiefs, police officers and community members that there were health and safety concerns with the old program.

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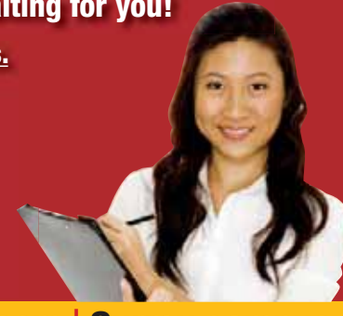

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See that symbol? It means you can scan this image with your Metro News app to see a photo gallery of the N.L. storm — and remind yourself it's April.

Bedlam in Chile after huge 8.2-magnitude earthquake

Tsunami warning. Electricity fails, roads blocked, about 300 women escape prison

A powerful magnitude-8.2 earthquake struck off northern Chile on Tuesday night, setting off a small tsunami that forced evacuations along the country's entire Pacific coast. At least five people were crushed to death or suffered fatal heart attacks, the interior minister said, but Chile apparently escaped major damage or serious casualties.

The shaking loosed landslides that blocked roads, power failed for thousands, an airport was damaged and several businesses caught fire. About 300 inmates escaped from a women's prison in the city of Iquique, and Chile's military was sending a planeload of special forces to help police guard against looting.

A fire burns at a restaurant in Iquique, Chile, after a powerful magnitude-8.2 quake struck off the northern coast Tuesday night. CRISTIAN VIVEROS/THE ASSOCIATED PRESS

In the city of Arica, 139 kilometres from the quake's epicentre, hospitals were treating minor injuries, some homes made of adobe were destroyed and 90 per cent of customers were without power, authorities said.

The quake also shook modern buildings in nearby Peru and in Bolivia's high-altitude capital of La Paz.

Hours later, a tsunami warning remained in effect for northern Chile, but alerts were lifted elsewhere.

"We regard the coastline of Chile as still dangerous, so we're maintaining the warning," said geophysicist Gerard Fryer at the Pacific Tsunami Warning Center.

Chile's Emergency Office said its tsunami watch would remain for six more hours, meaning hundreds of thousands of people would not sleep in their beds. Swimmers and surfers in Hawaii, thousands of miles away, might see higher waves Wednesday, the warning centre said.

The quake was so strong that the shaking experienced in Bolivia's capital about 470 kilometres away was the equivalent of a 4.5-magnitude tremor, authorities there said.

More than 10 strong aftershocks followed in the first few hours, including a 6.2 tremor. More aftershocks and even a larger quake could not be ruled out, said seismologist Mario Pardo at the University of Chile. THE ASSOCIATED PRESS

Earth's epicentre

Chile is one of the world's most earthquake-prone countries because, just off the coast, the Nazca tectonic plate plunges beneath the South American plate.

- A magnitude-8.8 quake and ensuing tsunami in central Chile in 2010 killed more than 500 people and destroyed 220,000 homes. That quake released so much energy, it actually shortened the Earth's day by a fraction of a second by changing the planet's rotation.
- The strongest earthquake ever recorded on Earth also happened in Chile: a magnitude-9.5 tremor in 1960 that killed more than 5,000 people.

'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS

Challengers

NDP aims to limit Ottawa jet set to official business

The federal New Democrats have tabled a motion that would see the use of Ottawa's Challenger jets limited to government purposes.

The motion comes after recent media reports revealed that a Conservative fundraiser has travelled extensively with Prime Minister Stephen Harper.

The reports indicated that Mark Kihn travelled with the prime minister on several occasions over a number of years.

The New Democrats say the flights were subsidized by taxpayers because Kihn was billed an average of $260 a flight.

But Harper says the RCMP requires for security reasons that he not fly on commercial aircraft. And he told the Commons Tuesday that anyone flying with him who is not on government business must pay their airfare at the going rate.

THE CANADIAN PRESS

Ukraine's Foreign Minister Andrii Deshchytsia, left, speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLET/THE ASSOCIATED PRESS

NATO to beef up eastern defences

Foreign ministers meeting. Unanimous deal to end civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Russia, though a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty Organization, a keystone of U.S. and European security, is facing its most acute geopolitical crisis in years: the fallout from Moscow's annexation of Ukraine's Crimean Peninsula.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the border with Ukraine, a NATO official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxtun, a guided-missile destroyer, to the Black Sea.

THE ASSOCIATED PRESS

Canadian reaction

It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John Baird.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's annexation of Crimea.

THE CANADIAN PRESS

Obama boasts health-care law's 7M sign-ups

After facing a rocky start and chorus of naysayers who declared his health-care law a failure, President Barack Obama on Tuesday celebrated a better-than-expected 7.1 million sign-ups for health coverage that he said should end the debate over the law possibly being repealed.

"The Affordable Care Act is here to stay," Obama declared in a feisty Rose Garden speech the day after the deadline for Americans to enrol.

Obama announced the 7 million threshold that once was seen as unattainable, even as the number still could climb. People who started applying but couldn't finish before the Monday midnight deadline can have extra time, as do people with special circumstances.

Administration officials said they were still compiling data that will be important in determining the ultimate success of the six-month enrolment period,

THE ASSOCIATED PRESS

U.S. President Barack Obama
CAROLYN KASTER/THE ASSOCIATED PRESS

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See that symbol? It means you can scan this image with your Metro News app to see why hacking on the big and small screen looks fun, but is not very accurate.

Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY
Metro in Ottawa

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.

You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staving off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you synch it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."

Hacking your world: Day 1 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: When the government spies on you

Modern life's Catch-22

"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues

In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from The Girl With The Dragon Tattoo. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED

Stay safe out there

Tips to prevent hackers from stealing your information

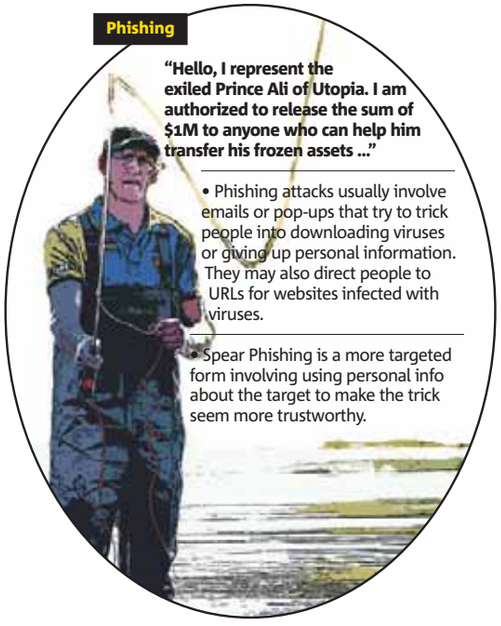
- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

Origin story

The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

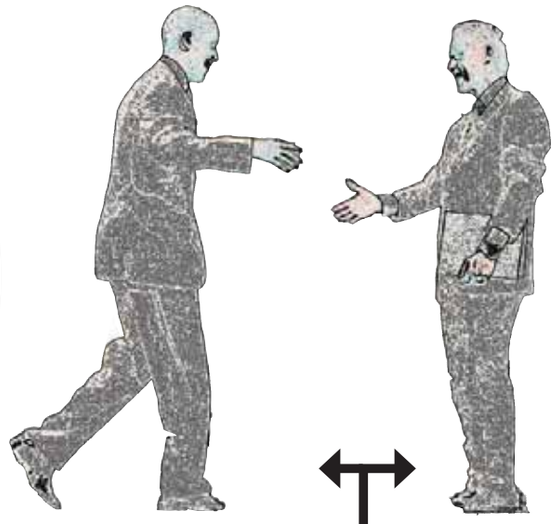
- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

Phishing



"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of $1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.
- Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- **While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.**
- **One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi**

Social hacking

A hacker made off with $100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they should ask for ID, but they don't.
- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.

Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.

Government surveillance

In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.

Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.

- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

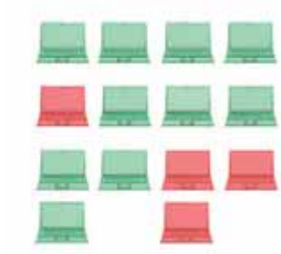


PHOTO ILLUSTRATIONS: SEAN MCKIBBON/METRO AND GETTY IMAGES

On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and waiting hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO IN OTTAWA

Ethical hacker Leigh Honeywell
VINCE TALOTTA /TORSTAR NEWS SERVICE

Your cellphone is not killing you, panel says

Inconsistent studies.
But group recommends more research to see if there's a link between radiofrequency waves and cancer

Federal guidelines that spell out safe exposure levels of radiofrequency waves emitted by cellphones and other wireless devices appear to be mostly adequate, but research to clarify the potential risk of cancer should be aggressively pursued, an expert panel recommends.

The Royal Society of Canada panel issued its report Tuesday on Health Canada's Safety Code 6, which sets out limits on exposure to radiofrequency fields aimed at protecting the health of workers and the general public.

Reaction to report

Canadians for Safe Technology, a non-profit group whose stated goal is to educate Canadians and policy makers about the dangers of exposure to unsafe levels of wireless radiation, reacted angrily to the report.

- The group accused the panel of siding with the wireless industry and ignoring scientific data warning of health risks.

The panel was asked to recommend changes to the code following a review of the latest research on adverse health effects linked to radio waves from mobile phones, Wi-Fi equipment, cellular phone towers and TV/radio broadcast antennas.

"The conclusion of the panel was that the Safety Code 6 limits are science-based and are designed to avoid all known hazards of radiofrequency radiation," said panel chair Paul Demers, director of the Occupational Cancer Research Centre in Toronto. "And we do not believe at this time that additional precautionary measures should be introduced directly into the exposure levels or limits." THE CANADIAN PRESS

Cancer society kicks off Daffodil campaign

Seven-year-old cancer patient Michael Meehan adjusts Gov. Gen. David Johnston's tie during a ceremony in the greenhouses of Rideau Hall marking the beginning of the Canadian Cancer Society's Daffodil campaign, Tuesday, in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

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Maple syrup producers tap tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid- to large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks. HOLLY RAMER/THE ASSOCIATED PRESS

Firefox's new CEO ignites firestorm of controversy

Brendan Eich. New top boss at maker of popular browser supported gay marriage ban in 2008

The appointment of a new CEO by the company that makes the Firefox Web browser has prompted board members to quit, a Twitter frenzy and a pushback from a leading dating website because he supported California's former gay marriage ban.

Mozilla, the non-profit maker of the Firefox browser, infuriated many employees and users last week by hiring co-founder Brendan Eich to lead the Mountain View company. In 2008, Eich gave $1,000 US to the campaign to pass California's Proposition 8, a constitutional amendment that outlawed same-sex marriages in California until the U.S. Supreme Court left in place a lower-court ruling striking it down.

The contribution was publicly reported and drew some negative attention two years ago when Eich was Mozilla's chief technology officer. But when he was promoted to CEO last week, his support of the ban took on more gravitas.

Three of the Mozilla Foundation's six board members have quit, according to a Wall Street Journal blog, and thousands of employees and community members weighed in on Twitter over the weekend.

On Monday, New York based dating service OkCupid.com urged its users to boycott Firefox in response to the appointment.

THE ASSOCIATED PRESS

GM. Cost to fix ignition would have been 57 cents

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though it knew the part didn't meet GM's own specifications.

Since February, GM has recalled 2.6 million cars over the faulty switch, which has also been linked to 13 deaths and dozens of accidents.

A spokeswoman for GM Canada confirmed that one of the deaths associated with the faulty ignition switch was that of a Quebec motorist last June.

THE ASSOCIATED PRESS

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FOR LIFE'S AWKWARD MOMENTS

JUST SAYIN'

Paul Sullivan
metronews.ca

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of The Awkward Human Survival Guide.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz … and "How to Tell Someone You Don't Like Them," an excerpt from The Awkward Human Survival Guide.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in The Awkward Human Survival Guide for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

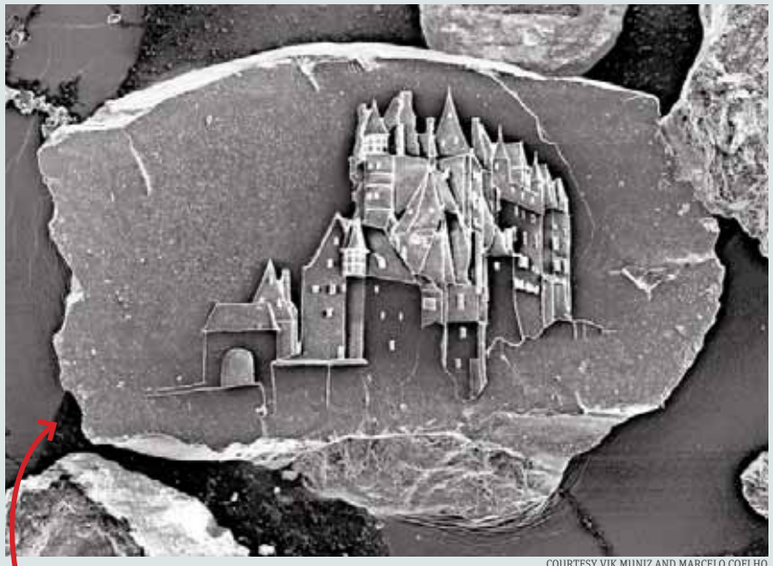
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

ZOOM

Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. METRO

Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

Vik Muniz

Machine fires ions to etch drawing

Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. METRO

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MetroTube

Cats react to cat videos by … licking themselves

ANDREW FIFIELD
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty Fine Brothers of Kids React To Viral Videos fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."

metro

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See that symbol? It means you can scan this image with your Metro News app to see a gallery of behind-the-scene photos from the Captain America: The Winter Soldier set.

Superhero by Cappy accident

Character study. Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film

IN FOCUS
Richard Crouse
scene@metronews.ca

Chris Evans and Scarlett Johansson in Captain America: The Winter Soldier. CONTRIBUTED

Captain America, played by Chris Evans in this weekend's superhero flick Captain America: The Winter Soldier, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Captain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evildoer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like Blade of Wrath and Vault of Vengeance — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain America was featured in another story shot for the big screen. In 1990's Captain America, Cappy is played by Matt Salinger, son of author J. D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counter-culture movies of the 1960s. In Easy Rider, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

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Whitford hopes A-listers don't ruin TV

Trophy Wife star.
Actor praises the medium for its quality writing and the big breaks it offers

Bradley Whitford, right, in a recent episode of Trophy Wife. CTV

With A-listers like Matthew McConaughey, Julia Roberts and Halle Berry jumping to TV, actor Bradley Whitford marvels at how the show-biz stigma of the small screen is now a thing of the past.

Whitford is best known for his role as deputy chief of staff Josh Lyman on NBC's critically acclaimed series The West Wing (1999-2006).

"I remember thinking, 'Oh, thank God there's this snobbery about TV,'" the 54-year-old actor said in a recent interview. "I was getting better writing by an exponential amount than Meryl Streep when I was on West Wing. I was so grateful.

"Now unfortunately, all the movie stars, the big flossers, have realized that not only do you get great writing, (but) it's a really satisfying way of storytelling ... It's not about blowing stuff up."

He hopes this trend won't mean qualified actors will be overlooked for someone with a bigger name.

"If anybody had any idea that Breaking Bad was gonna be a tenth as successful as it was, (creator) Vince (Gilligan) would not have been allowed to write it," Whitford said. "Bryan (Cranston) would not have been allowed to be in it. None of that beautiful cast would be in it. Same with The Sopranos. We never would've met James Gandolfini if anybody thought it was gonna be successful."

Whitford said that was true to a certain extent with The West Wing.

"Nobody thought it was gonna work. 'You can't have a fake president. It's about politics — that never works!'" he said. "People found it and it grew to be much bigger than we ever thought it would be."

Whitford stars on the comedy Trophy Wife (airing Tuesdays on CTV at 9:30 p.m. ET). He plays an older husband with a younger wife (Malin Akerman). His character has two ex-wives (Marcia Gay Harden and Michaela Watkins).

Despite the show's title, Akerman's Kate isn't a stereotypical piece of arm candy for Whitford's Pete, any more than TBS's Cougar Town is about older women paired with younger men.

Ratings for Trophy Wife have been so-so, but Whitford is hoping for a second season. He said he was "looking to do something different, and comedy was definitely something I was looking for."

He also wanted to work with Harden. He has seen her Tony-winning performance in Broadway's God of Carnage four times. "It was bordering on stalking," he said.

"By the way," Whitford added, "on West Wing, I was one of the young guys and now (on Trophy Wife) I'm Wilford (expletive) Brimley. It's prostate jokes and stuff! There was no segue way!" THE ASSOCIATED PRESS

Quoted

"On West Wing I was one of the young guys and now (on Trophy Wife) I'm Wilford (expletive) Brimley. It's prostate jokes and stuff!"

Bradley Whitford, actor

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Reznor says his music still has 'long ways to go'

Trent Reznor of Nine Inch Nails performs in Mexico City on March 27.
REBECCA BLACKWELL/THE ASSOCIATED PRESS

Trent Reznor says he feels "a fresh new start" for Nine Inch Nails after the band's latest album and world tour.

Reznor released Hesitation Marks in September after his long, self-imposed hiatus. In the five years since the industrial rockers' last offering, he won an Academy Award for his soundtrack work on The Social Network, married musician Mariqueen Maandig and became a father to two young boys.

"In these few years, I kind of accidentally got into scoring films. I started a new band: How to Destroy Angels. We put two records out. I tried writing a TV show for HBO, which failed. I started a family, and surprisingly, I found myself inspired by that," Reznor told The Associated Press before playing over the weekend at the Lollapalooza festival in Chile.

And he felt like writing some Nine Inch Nails songs.

At first Reznor was hesitant about embarking on tour. "But we started rehearsing and it was fun, it felt fresh. I've been looking at things through finite eyes," he said. "Life feels different at 48 than it did at 24. I don't know how much longer I'll be doing this, or people will care ... it's not as endless as it once seemed, so I treat it more preciously."

While on tour, Reznor is also working on scoring director David Fincher's upcoming film Gone Girl.

"The main thing that I'm concerned about is putting myself in positions and places that are often uncomfortable, to force myself to grow as an artist," Reznor said. "I don't think I've written the best songs I can write. I don't think I know how to write songs very well yet. I'm not saying that to be humble, but I've got a long ways to go." THE ASSOCIATED PRESS

Don’t mistake this film for a rock doc

Mistaken For Strangers shows The National to be less rocker and more like regular people. THE ASSOCIATED PRESS

Mistaken for Strangers. Film about The National chronicles what happens when a slacker takes a hard look at his life

STEVE GOW
scene@metronews.ca

Fans of indie rock band The National should be slightly cautioned before buying tickets to see Mistaken for Strangers. After all, the film is certainly less a music documentary than it is a comedy of errors about the singer’s brother who slacked his way onto the screen.

“I tell people this (is) not really a rock doc,” explained director and subject Tom Berninger. “If you like The National, see this movie because you’re going to see them as normal people not talking about their music for once. You can go watch that on You Tube.”

The National’s music may be downplayed but Mistaken for Strangers (opening April 10th in Toronto and available on iTunes) does capture how connected the Ohio band is. After band leader Matt Berninger asked his idle 30-something sibling to help the road crew during a year-long tour, Tom instead aimed to film the musical mayhem of a travelling rock band. To his surprise, however, the backstage antics weren’t what he expected.

“It kind of sucked in that way,” said Berninger, who jokes that he ended up with a lot of footage of guys on laptops.

“They weren’t partying with me, so I had to party by myself.”

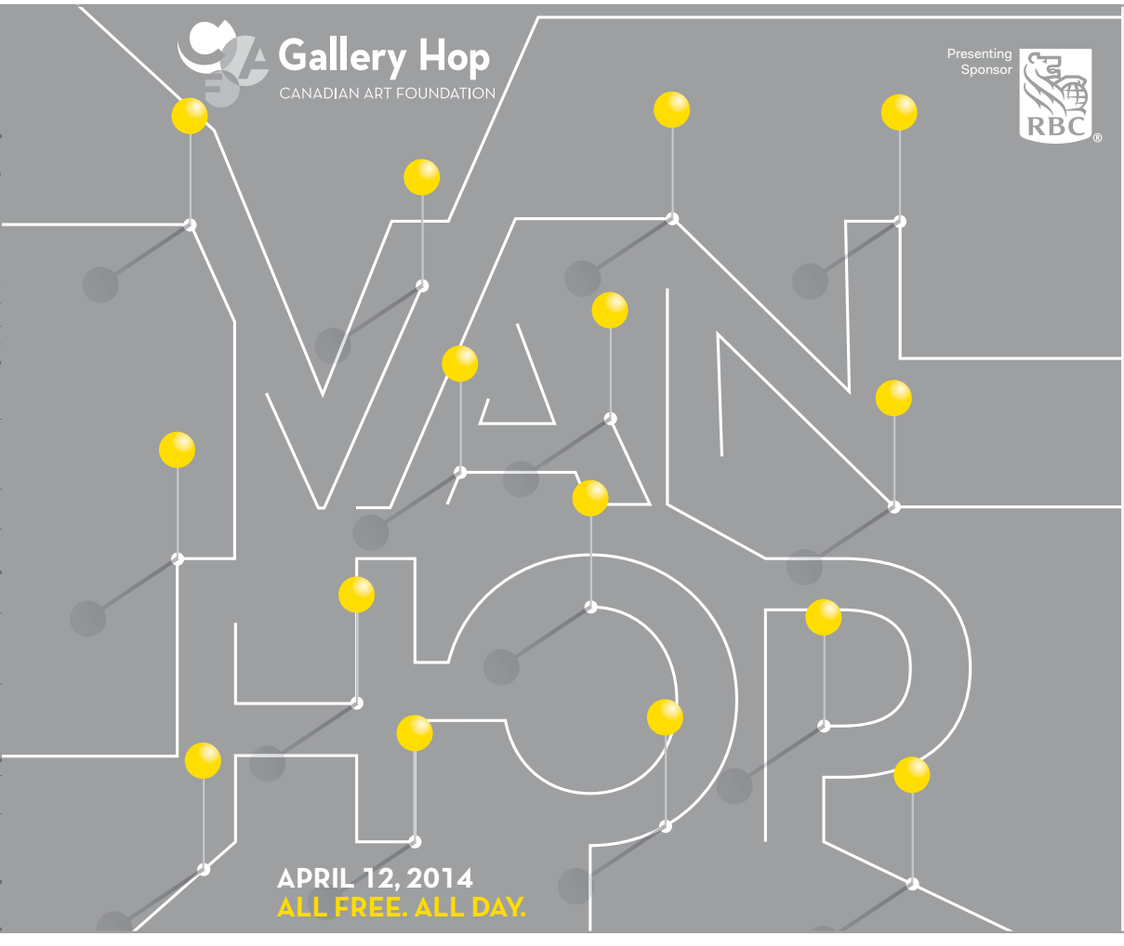
His outrageous conduct surely made for an amusing comedy but it also got Tom fired from the job.

As the film’s emotional twist, it also proved a turning point for the would-be filmmaker, who then had to look inward for inspiration and, essentially, turn the acclaimed doc into a painstaking study of self.

“I had a lot of encouragement, a lot of help with other people telling me this stuff was good, or this stuff was terrible — (there was) a lot of that, too,” laughed Berninger. “Our motto in the editing room was that anything creative you do is always bad until it’s good.”

Being Berninger

- **Berninger on his film opening the Tribeca Film Festival.** “Honestly, when they first told me that I was the opening movie of the festival, I thought, does that mean my movie is going to show at 10 o’clock in the morning on the first day?”



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Visit canadianart.ca/vancouverhop for more information.

LILY COLE

The model-turned-entrepreneur behind Impossible.com — a gift-economy social network — tells Metro about her green credentials.

"IT ALL STARTS WITH AN INTENTION"

RICHARD PECKETT
@richardpeckett

Britain's Lily Cole, famed for her doll face, pale complexion and curly auburn hair, is doing a new kind of posing now. The model-actress now poses questions to us on sustainability and gift economy. Cole's latest venture is Impossible.com, a social (giving) network that invites people to meet and help others. The former Vogue cover girl tells Metro how she would create a smarter, greener planet.

Do you believe that it is possible for an individual to live a 100 per cent eco-friendly life? If so, why?
Definitely, obviously — cavemen did it (laughs). It's pretty difficult in this day and age living in a city. Again I would take it all back to intention. It all begins with an intention and from that comes everything. An aspiration to do more recycling starts a process of applying that to lots of small decisions: tap water rather than a bottle of water, eco-friendly light bulbs — quite boring answers, but it's a beginning.

Everybody recycles but what do you do that goes beyond the norm?
I don't know that I do take it further than the norm. I buy my vegetables from Abel & Cole (packaging-free service delivered from farmers); I really hate how most food is packaged.

The more significant one I've been working on is giving away a lot of the things I own, buy less and aspire to know the source, the company and their principles. Also, reusing and fixing things — there's a lot of waste in our consumption and sharing habits.

You worked in the fashion industry which is rife with waste. What are your views on fast-fashion houses?
I'm not a huge fan of the idea of fast anything. Before I heard (British fashion designer) Vivienne Westwood say "Buy less, choose well," I said a very similar thing: Pay for things you think you'll love for many years to come.

I'm not crazy about trends for that reason and things are only ever fashionable for six months. I'm not hating on that system — I love the creativity that comes from it — but the structure that it sits within can be problematic because essentially if you create something beautiful, it should be for life.

If you were Prime Minister, how would you make us more green?
I think I would do something about water. I think it's kind of gross how many plastic bottles are used for water. It would be such a simple thing to be able to have a system where you could refill a bottle. We used to have water fountains at school but everyone pissed in them, didn't they? But let's have a better version of that where people can trade glass bottles. That's something that's more sustainable.

I would also put some

Gallery Hop
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Vancouver Art Gallery, Courtroom 302

Join Vancouver artists **Colleen Heslin**, **Emily Hill**, **Jeremy Hof**, **Angela Teng** and **Elizabeth McIntosh** for a public conversation on ideas within contemporary painting and materiality. This informal discussion draws together artists whose work challenges traditional boundaries of the medium and whose hybrid approach leads us to consider painting as a means, not an end.

Angela Teng is a graduate of Emily Carr University of Art and Design. She has exhibited nationally and internationally including at Wil Aballe Art Projects in Vancouver, Vertical Gallery in Victoria, Millennium Place in Whistler, Back Gallery in Chicago and Washington State University in Bellingham. In 2010, Teng received the Whistler Arts Council's Artist Award of Excellence.

Emily Hill is a graduate of the Textile Arts program at Capilano College and Emily Carr University of Art and Design. Her first solo exhibition was recently held at Macaulay Fine Art in Vancouver. Group exhibitions include VSA Gallery and Concourse Gallery, both in Vancouver. She is the co-organizer of the project space Model in Vancouver.

Colleen Heslin is completing her MFA at Concordia University in Montreal and holds an undergraduate degree from Emily Carr University of Art and Design. Recent solo exhibitions include Laroche/Joncas and Battat Contemporary with Jen Aitken, both in Montreal, and her work is currently on view at Monte Clark Gallery. She was the 2013 winner of the RBC Canadian Painting Competition.

Since graduating from Emily Carr University of Art and Design, **Jeremy Hof** has exhibited at major institutions including the Vancouver Art Gallery, the National Gallery of Canada and the Musée d'art contemporain de Montreal. His solo exhibition is currently on view at Jessica Bradley Gallery in Toronto. Hof was the 2008 winner of the RBC Canadian Painting Competition.

Elizabeth McIntosh's works have been acquired by major institutions across the country, including the National Gallery of Canada, the Art Gallery of Ontario and the Royal Bank of Canada. Her work is currently on view at Equinox Gallery with a forthcoming solo exhibition at Diaz Contemporary in Toronto. McIntosh is an associate professor at Emily Carr University of Art and Design.

IMAGE: Charlie Roberts, *SW*, 2014, courtesy Macaulay Fine Art

Lily Cole is also ambassador for Sky Rainforest Rescue — Sky's partnership with WWF to help save one billion trees in the Amazon rainforest. CONTRIBUTED

legislation in place to cut down on the amount of packaging.

I think I'm right in saying that you've just learned to drive. Will you be buying an electric car?
I do know how to drive in America but I'm learning how to drive manual right now. I have an electric parking space. I don't have a car in it at the moment but I do have a plug. One step at a time.

Living in a busy society and travelling for work, I don't think there's a simple solution. It's on a deeper level, how I question my own values. The Internet, for example, contributes as much carbon to the planet as aviation. So if I were to say I'm going to drive an electric car, recycle and switch light bulbs off before leaving the room, that wouldn't fix a tenth of the problem because I might still be buying avocados in the winter that are wrapped in plastic and checking my email 80 times a day.

There are so many subtleties to it, so that's why I begin with an intention and find out how I can apply it to the things I do every day.

FREE GALLERY HOP LIMITED EDITION BY BROKEN CITY LAB

Broken City Lab (BCL) is an artist-led collective that works through collaborative social practice and creative research to understand the ways in which locality is shaped and enacted in the city. Their latest project, *Flagged for Review*, unfolds as a weekly series of temporary flag installations in and around the Contemporary Art Gallery's Burrard Marina Field House, aiming to highlight a range of curious and challenging ideas that inform the ways we experience, imagine and historicize Vancouver. As an extension of these installations, BCL will create a series of free mini-flag multiples on the occasion of this year's Hop.

These limited-edition flags will be available at the Contemporary Art Gallery as well as participating Hop galleries.

Broken City Lab's Burrard Marina Field House Residency continues until April 27.

IMAGE: Broken City Lab, *Make This Better* (installation view, Ripper's Valley, Windsor, Ontario), 2010–ongoing, courtesy the artists

MAGAZINE LAUNCH

6:00 PM–8:00 PM
Contemporary Art Gallery

To attend, please RSVP to rsvp@canadianart.ca by April 8.

The perfect way to end your Hop day is with a celebration! Join *Canadian Art* editor Richard Rhodes at the launch of the Spring issue. The event will take place at the Contemporary Art Gallery where you can enjoy Kevin Schmidt's new solo exhibition.

The Spring issue of *Canadian Art* includes an exploration of the work of Erin Shirreff, who recently had an exhibition at the CAG; a look at the late Arnaud Maggs; Tammi Campbell's relationship with Frank Stella, Clement Greenberg and Modernism in general; along with other highlight articles about painter Otto Rogers, sculptor Ron Huebner and multimedia artists Barbara Astman and Julie Favreau.

IMAGE: Tiziana La Melia, *Surface Instruction*, 2011, courtesy the artist and Western Front

Law and Order's Meloni shows comedic chops

Surviving Jack. Well-known intimidating hardman from Oz and SVU switches to playing grumpy dad in sitcom set in the '90s

When to watch

- Surviving Jack airs Thursdays on CTV.

TV star Christopher Meloni is known for a brooding intensity that has fuelled dark roles on heavy dramas including Law & Order: SVU and the brutal prison serial Oz.

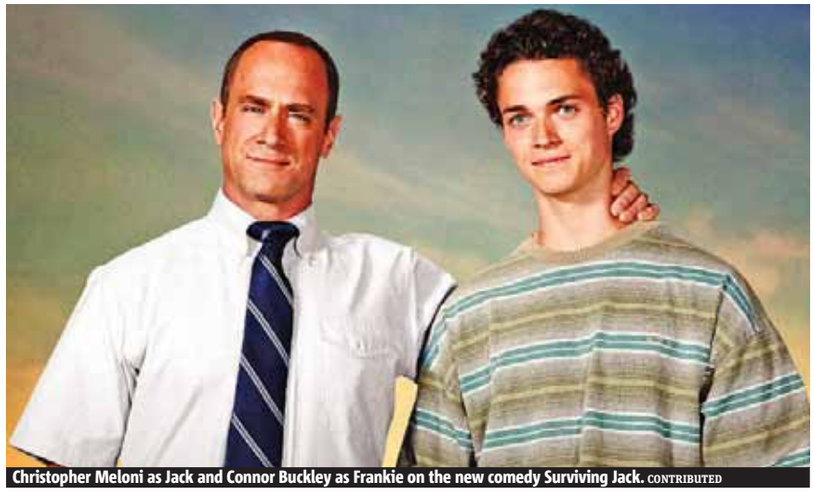
Oddly enough, that was what made him perfect for the role of a gruff but well-meaning dad on the family sitcom Surviving Jack, says executive producer Justin Halpern, who based the laugher on his relationship with his own no-nonsense father — the same guy who inspired the Twitter feed "S— My Dad Says."

"The thing about Chris is that he doesn't have to put on anything to be really intimidating," says Halpern, whose new show is drawn from dating disasters he documents in the book I Suck at Girls.

"He scares the (crap) out of us on a daily basis. So I think that (with) this character it's really important that it didn't feel like the (actor) put on this false bravado, that it just kind of came with the guy. And Chris has that in spades."

Twitter followers and TV viewers already had a glimpse at one version of Halpern's dad through the expletive-filled Twitter feed, which inspired a cult following, a book and a heavily panned sitcom of the same name in 2010 starring William Shatner. But that initial TV incarnation was actually much further from the truth than Jack Dunlevy of Surviving Jack, says Halpern, blaming his first sitcom's demise on an overly sour tone that made it hard for viewers to connect with the curmudgeonly senior.

"The dad was like a sad old man that had been twice divorced, that was living by himself and went to hookers. And in this one it's much more like my real dad, who's madly in love with my mother — they live together, they're married, they're married 35 years and he's just sort of a more bluntly honest guy," he says.



Christopher Meloni as Jack and Connor Buckley as Frankie on the new comedy Surviving Jack. CONTRIBUTED

"That (other) show, it just sort of defaulted into grumpy old man and we've seen that character a million times. I think what makes my dad more interesting is he's this, like, scientist who's lectured at Harvard, but he has this blue-collar element to him."

Surviving Jack is set in the early 1990s, with Meloni as a tough ex-military man and doctor who takes over parenting duties when mom Joanne, played by Rachael Harris, heads to law school.

Jack's blunt style does not go over well with lanky teenage son Frankie, played by Connor Buckley, who is full of insecurities as he begins his freshman year in high school. And it seems even less effective with 17-year-old daughter Rachel, played by Claudia Lee, a high school junior eager to push the limits of her independence.

The era allows for plenty of nostalgic nods to acid-wash fashion trends, scrambled pay-per-view TV channels and poppy radio hits that existed well before the Internet and mobile devices arrived to offer teens on-demand distractions — something younger members of the cast had a hard time comprehending, says Meloni.

"We'd break to them the news that there was a time in history where cellphones and computers were not there and they really couldn't wrap their heads around that," he says in a recent conference call alongside Harris.

Meloni says he was keen to shift over to comedy after 12 years as Det. Elliot Stabler on Law & Order: SVU, noting that he did sitcoms well before playing a series of menacing TV heavyweights that included a stint on NYPD Blue.

THE CANADIAN PRESS

GALLERY TOURS

TOUR 1 GASTOWN
1:30 PM–3:00 PM
Led by artist Laura Piasta
Meeting point: Artspeak, 233 Carrall Street

1. **Artspeak,** 233 Carrall Street
   "Tapetum Lucidum," Ajay Kurian
   Talk by artist Ajay Kurian
2. **Trench Contemporary Art**, 102–148 Alexander Street
   "Home, Memory of Land & Space," Nicholas Galanin
3. **Gallery Gachet**, 88 East Cordova Street
   "10 years of State of Emergency (État d'Urgence) by ATSA," Pierre Allard and Annie Roy (co-presentation with Grunt Gallery)
   Talk by Gallery Gachet representative
4. **The Apartment**, 119B East Pender Street
   B Wurtz, Hans Wendt
   Talk by UBC professor of art history Catherine Sousloff

TOUR 2 CHINATOWN
3:30 PM–5:00 PM
Led by curator, writer and *Canadian Art* contributor Tatiana Mellema
Meeting point: Unit/Pitt, 236 East Pender Street

1. **Unit/Pitt**, 236 East Pender Street
   "Spaces of Contestation"
   Talk by gallery manager Brynn McNab
2. **221A**, 100–221 East Georgia Street
   "Dirt and Not Copper," Lorna MacIntyre and Zin Taylor
   Talk by exhibition co-curator Jacquelyn Ross
3. **Publication Studio Vancouver**, 222 East Georgia Street
   "Whole Lotta Love"
   Talk by The Music Appreciation Society
4. **Access Gallery**, 222 East Georgia Street
   "The Brood," Fan-Ling Suen
   Talk by director and curator Kimberly Phillips
5. **Centre A**, 229 East Georgia Street
   "Follow Suit," Kotama Bouabane and Henry Tsang
   Talk by executive director and curator Tyler Russell

TOUR 3 MAIN STREET TOUR
1:30 PM–3:00 PM
Led by artist Eli Bornowsky
Meeting point: Burrard Arts Foundation Studio, 108 East Broadway

1. **Burrard Arts Foundation Studio**, 108 East Broadway
   "Post Rem"
   Talk by all exhibiting artists
2. **Western Front**, 303 East 8th Avenue
   "Joan Dark"
   Talk by curatorial assistant Jacquelyn Ross
3. **Wil Aballe Art Projects**, 528–2050 Scotia Street, Buzzer 189
   "The Seasons Have Changed But We Have Not"
   Talk by artists Sean Alward, Christopher Rodrigues and Jeffrey Hallbauer
4. **Grunt Gallery**, 116–350 East 2nd Avenue
   "10 years of State of Emergency (État d'Urgence) by ATSA," Pierre Allard and Annie Roy (co-presentation with Gallery Gachet)
   Talk by Grunt Gallery representative

TOUR 4 GREAT NORTHERN WAY
3:30 PM–5:00 PM
Led by writer, critic and *Canadian Art* contributor Aaron Peck
Meeting Point: Monte Clark Gallery, 105–525 Great Northern Way

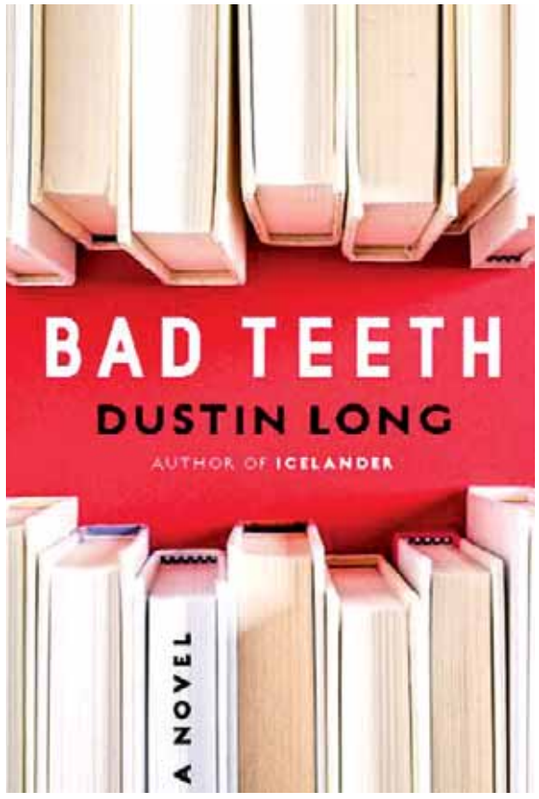
1. **Monte Clark Gallery**, 101–525 Great Northern Way "Tower"
   Talk by writer and collector Claudia Beck
2. **Equinox Gallery**, 525 Great Northern Way
   "Persian Rose Chartreuse Muse Vancouver Grey"
   Talk by curator Mina Totino
3. **Catriona Jeffries Gallery**, 274 East 1st Avenue
   "The Written Face," Rebecca Brewer
   Talk by associate director Anne Low
4. **Macaulay Fine Art**, 293 East 2nd Avenue
   Charlie Roberts
   Talk by artist Neil Campbell

Visit canadianart.ca/vancouverhop for more information.

Long's characters travel through his past in Bad Teeth

Art imitates life.
Brooklyn, Bloomington, Berkeley, Bakersfield... Dustin Long's novel retraces his old haunts

EMILY LAURENCE
Metro World News in New York City



Anyone can appreciate the alliteration of the four cities in Bad Teeth — Brooklyn, Bloomington, Berkeley and Bakersfield — but only true literary minds will notice that they are in reverse alphabetical order. Dustin Long's latest release is full of these winks at prose, which fans of his first novel, Icelander, will recognize.

The book features four different interlocking narratives with characters living in the four cities named above, each on his or her own personal journey. A translator named Judas ties the characters together as he travels from city to city searching for a reclusive writer, referred to as the Tibetan David Foster Wallace.

In Brooklyn, he develops a crush on the lovely Selah. In Bloomington, he stays with his friend Adam, a hedonistic, frustrated writer. The Berkeley section centres around Selah and her shady new boyfriend, and she eventually heads to meet Judas in Bakersfield.

"Not only are the cities in reverse alphabetical order, but they are in reverse chronological order from where I've lived," Long says.

"Before writing Bad Teeth, I was working on a book that took place in 17th century China, something I knew nothing about. Even with Icelander, I've never lived anywhere with snow, really. I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."

Another difference between Long's past works and this one is it's a bit less cerebral and more attention is paid to character development.

"Focusing on the emotional lives of modern characters in a very realistic way was a challenge for me. Part of the reason why I chose to try that was to stretch myself," Long says.

Long actually had a gem of an idea of what Bad Teeth would become when he was an undergraduate. He wrote what he calls a terrible novel, that was divided into geographical sections and had a similar quest narrative that Bad Teeth would come to have.

"Having gone through a similar process helped me have the narrative in mind before I even thought of the plot," he says.

It sounds as if Long himself went on his own academic journey through the four cities, and evolved both professionally and personally. There's nothing bad about that at all.

Quoted

"I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."

Dustin Long, author of Bad Teeth

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris Martin ALL PHOTOS GETTY IMAGES

No love lost between Gwyneth and neighbours — but Chris is popular

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's $10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four layers of trees," one neighbour says. "It's against the zoning laws to do it, as it ruins the sense of community if everyone had those gates." And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. METRO WORLD NEWS

The Rolling Stones back on the road following the death of Jagger's girlfriend

The Rolling Stones are resuming a world tour after postponing several dates in the wake of the death of L'Wren Scott, girlfriend of singer Mick Jagger. The band has announced new shows in Europe, starting May 26 in Oslo, Norway.

The band called off a tour of Australia and New Zealand after Scott was found dead on March 17. The New York City medical examiner's office ruled her death a suicide.

L'Wren Scott

THE ASSOCIATED PRESS

The Word

Men or women? Miranda doesn't Kerr

MELINDA TAUB
Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, however — a nice strong chest to lie on."

So does that mean she wouldn't date a woman? Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.

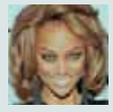
A beautiful lingerie model who demands notes on how to better please her partner? Miranda Kerr is making the rest of us look bad. Oh, she also claims that sex tones her stomach. Know what tones my stomach? Nothing.

Chris Evans

Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring." METRO WORLD NEWS

Twitter



@tyrabanks
So U know when U have this ridiculously big purse & U stuff it with things U use only never...

@josswhedon
AAH! MEEE!!!! Me and a lot of my friends on you!!!! -spider nightmare

@rosemcgowan
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See that symbol? It means you can scan this photo with your Metro News app to see more photos of Andrew John Virtue Dobson's tour of the island.

Making the most out of a meandering Maui road trip

Conquering the coast. Verdant views and luxury eats are just a few of the things awaiting you on this epic adventure

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
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Widely trumpeted as the world's most glamourous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation full of details to recount at dinner parties and daydream about during abysmal grey office hours in the middle of winter. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO

Luxurious Wailea

Upscale Wailea offers golf courses, glamourous condominiums, haute couture shopping bonanzas and a string of five-star hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheesemaking process, finishing with a sampling of the dairy's award-winning chevre-and-chocolate truffles. A stone's throw down the road, enjoy cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'I Kula Lavender Farm which offers guests an opportunity to purchase a variety of sweet-smelling beauty products and epicurean treats. Be sure to soak in the sun on their café patio with a hot cup of lavender tea and enjoy a picture-perfect view.

Maui boasts some of the most beautiful views in the world.

Feast at Lele

In the heart of Lahaina, a few steps from the calm lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific. They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the food as its entertainment. Sexy male waiters dressed in floral sarongs serve tropical cocktails, as well as an epic feast showcasing the culinary traditions of the Polynesian Islands.

Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

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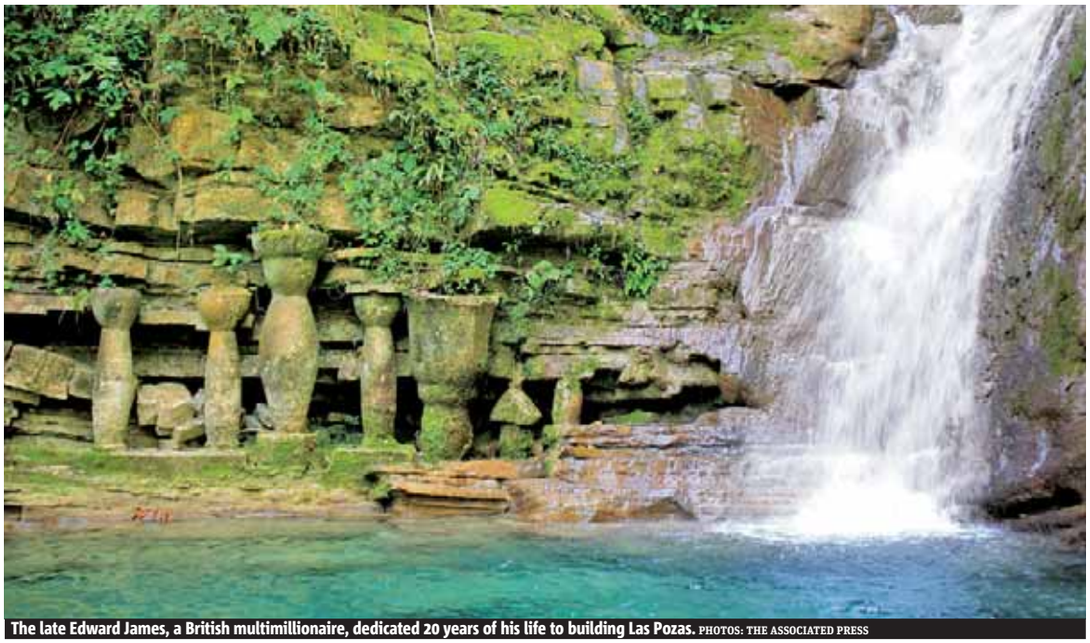

The late Edward James, a British multimillionaire, dedicated 20 years of his life to building Las Pozas. PHOTOS: THE ASSOCIATED PRESS

The sculptures at Las Pozas evoke ancient Greece.

Step into the surreal at Las Pozas

Welcome to the jungle. Art park in Mexico was the vision of eccentric millionaire

At the end of a long, dirt road in Mexico's northeast jungle, two spiral staircases appear, leading nowhere amid an ornate concrete structure. Giant concrete fleur-de-lys flank a path, and tall bamboo-shaped columns surround a house with no walls. Oversize plaster orchids are in permanent bloom, while a natural waterfall ceaselessly flows down a mountain.

This is Las Pozas, a dreamy, little-known garden of surreal art, where sculptures evoke the ruins of ancient Greece but are overrun by exotic jungle plants. It was created by the late Edward James, a British multimillionaire and arts patron who favoured surrealists like René Magritte and Salvador Dali.

"Mr. Edward wanted to bewilder," said Carlos Barbosa, a park guide. He thought of the park "as a joke to a future civilization."

And visitors are bewildered by Las Pozas, located on a 100-acre (40-hectare) hillside where the Sierra Madre mountains and coastal plains of the northeast state of San Luis Potosi meet.

"I had seen videos and documents but I didn't expect it to be so impressive," said Vida Arellano, a tourist from the northern state of Chihuahua. "Once you are here, you are enveloped by nature, the sculptures, the architecture ... it transports you to a different mental state."

Las Pozas means the pools.

The ferocity of the jungle in these hills of the Sierra Madre, a seven-hour drive from Mexico City, has destroyed many structures in the garden. But that didn't bother James, who liked to think that future archaeologists would discover his lost city and wonder what kind of civilization had built it, Barbosa said.

James inherited a fortune from his father and used the money to support the work of great surrealists, including Dali, Magritte, Leonora Carrington and Remedios Varo. Fascinated with Mexico, he arrived in San Luis Potosi in the mid-1940s, bought land through a Mexican friend and spent the next 20 years of his life building his garden.

The park was only half-built by the time its creator died 30 years ago, but it remains an impressive work of art, with an air of mystery added by the rust and deterioration brought on by nature.

The original project, interestingly, had nothing to do with the garden's ultimate design.

For years, James cultivated thousands of orchids on his land, but in 1962 a cold snap destroyed them, said Zaira Linan, the park's assistant director. James then ordered workers to build cement flowers that weather couldn't destroy, Linan said.

The son of British aristocrats and grandson of a Canadian timber baron, James first came to Mexico in 1944 at the invitation of psychiatrist Erich Fromm. He joined a salon of intellectuals and artists at Cuernavaca, the resort city just southeast of Mexico City.

It was in Cuernavaca that he met Plutarco Gastelum, a Mexican friend who helped oversee the garden's progress as workers built wooden moulds from James' drawings and filled them with cement to create the sculptures.

James' imagination didn't stop with the flowers. He began to design increasingly complex sculptures, often inspired by artistic philosophies he encountered in his travels. He would sketch his sculptures on postcards and mail them to Gastelum.

With park guides' help, visitors can access the most remote corners of the park, including a concrete bed shaped like a tree leaf where James used to meditate and prepare for death.

But James didn't die in his precious park. He died in 1984 in San Remo, Italy, when a stroke put an end to his garden project. THE ASSOCIATED PRESS

If you go...

Las Pozas. Is the closest town, about 3.2 kilometres from the garden. Mexico City is a seven-hour drive and Tampico is the nearest major airport, about four hours away. Entrance to the park is about $4. Lodging can be found in Xilitla or at the Posada James Hotel near the park.

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Bucket List

The Galapagos Islands

Vision Travel has announced a cruise of the Galapagos Islands this coming November, escorted by Canadian artist and environmentalist Robert Bateman. Home to many unique species of birds and animals, these islands off the coast of Ecuador have been the focus of Bateman's work for decades. This exclusive trip aboard the 295-foot National Geographic Endeavour, operated by Lindblad Expeditions, is only open to 96 guests. The itinerary includes snorkeling with penguins and sea lions, kayaking, walking with wildlife unperturbed by your presence and nightly lectures from Bateman and a team of wildlife specialists. Prices start at $6,500. Visit vision2000travel.com. DOUG WALLACE/METRO

Your Euro to-do list for summer

Get thee to the Continent in 2014.
Here are a few things to check out on the other side of the pond

ON THE MOVE
Loren Christie
life@metronews.ca

Riga, Latvia is one of the cities that has been named a 2014 European Capital of Culture. ISTOCK

Europe will be showcasing a variety of cultural and historical events in 2014.

Capitals of Culture

Umeå, Sweden and Riga, Latvia have been named the 2014 European Capitals of Culture. With that designation comes a year of art exhibits, musical events and cultural festivities in each city. Relatively unknown, Umeå is located 600 kilometres north of Stockholm and will focus a large part of its program on the indigenous Sami people. Slightly better known, Riga offers visitors a lively restaurant and café scene and cobblestone streets lined with medieval timber-frame houses. With more than 800 art nouveau structures around the city, Riga will be highlighting its unique architectural offerings alongside its arts program.

Welcome home!

Scotland is ready to party and is showcasing everything Scottish by throwing a Homecoming celebration, with numerous events and festivals planned throughout 2014. A highlight will be the XX Commonwealth Games in Glasgow from July 23 to August 3 with the finest athletes from Commonwealth countries heading to compete in 17 sports. In addition to cheering on our Canadian athletes, spectators will have the chance to see Olympic champion sprinter Usain Bolt go for gold. If you want to explore Scotland's famous highlands, hike the recently opened John Muir Trail, stretching some 160 kilometres from Dunbar to the waterfront town of Helensburgh.

The beginning of the Great War

Commemorative events, including a national church service, are being held across Britain to mark the centenary of the outbreak of the First World War. New exhibits are set to debut, notably London's Imperial War Museum's First World War Galleries. Opening in June, the galleries are part of a radical renovation of the museum. The goal is to better tell the story of the 16 million people whose lives were claimed by the conflict.

The beginning of the end

Elsewhere in Europe, they're marking the beginning of the end of the Second World War with events commemorating the 70th anniversary of the D-Day invasion in Normandy. The new Liberation Route of Europe will reconnect the main regions through which Allied forces moved from the United Kingdom to Berlin at the end of the War. In the Netherlands, for example, the Liberation Route will focus on 85 historical locations in three regions that played an important role in the final stages of the conflict. Each location, marked by a large boulder, will tell the story of the civilians and soldiers who lived and fought there in 1944-45. As you walk, bike or drive the route you can download the accompanying audio stories for free as MP3s from liberationroute.com.

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But let's face it, unless you have the budget to hire a career or life coach, it's up to you to create your career and set yourself up for the opportunities you most want.

Here are four DIY opportunities that allow you to take the initiative and open doors for yourself.

Get insider industry intelligence

The challenge:

Line up an informational interview with a VIP in your field, to be conducted by phone or in-person (the latter preferred).

Getting the inside scoop on what it takes to succeed in the field can help you decide if it's a good fit.

"The more knowledge you have, the better decisions you can make about your career," advises university career services professional Katharine Brooks, plus "you'll be better prepared for the real job interview."

The prerequisites:

You're persistent, well-prepped with smart questions and have above-average communication skills — including active listening. Remember, busy people may be more inclined to meet if you have a mutual acquaintance.

Expand your referral network

The challenge:
Once weekly, line up a lunch date with someone in your extended professional network — including your loose ties online.

People get jobs because of who they know. Networking doesn't end once you have made a connection; it's an active and ongoing process.

The prerequisites:

You're into reciprocity, are genuinely interested in other people, have already memorized a soft-sell version of your elevator pitch and because eating with someone in a professional context can be tricky, you have above-average dining etiquette — including negotiating multiple forks.

Develop your skills portfolio

The challenge:

Add another line to your resumé by mastering a unique and in-demand job skill.

The ability to wear many hats and deliver results beyond your job title and description sets you apart and positions you on the promotion fast track.

"Your job title should never act as a limit to what you want to achieve," advises Dharmesh Shah, founder at HubSpot.

The prerequisites:

You are curious, self-motivated and disciplined when you need to be and you genuinely enjoy learning — including via free or paid online courses, post-grad certificate programs, YouTube videos, webinars or workshops.

To determine what knowledge you may need to succeed, ask people working in your target sector which skills they wish they had right now. ISTOCK

Become discoverable

The challenge: Stake your claim to the web with a personal profile that is public-facing and professional. But don't forget to humanize it with evidence of your unique personality.

- When someone searches for you (or someone like you) online, help him or her to find and select your profile over your competitors'. "What I do care about?" asks Cindi Leave, Editor-in-Chief at Glamour Magazine. "That you have passions, professional and otherwise, that make you a real, 3D human."
- **The prerequisites:** Your resumé is up to date and ready to be posted online, you have a great headshot, and you can link to or upload digital evidence of your accomplishments and interests — including something creative, because today every employer wants innovators.
- Whether you're currently employed or not, practise self-direction and get ahead in your career with these do-it-yourself opportunities, and generate a bit of self-manufactured luck in the process.

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THIS ARTICLE IS EXCERPTED FROM SIDNEYEVE MATRIX'S PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

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Cognitive concepts turned on their head

Research in remembering. Think you can cram and kill that test every time? Think again. But this time think really hard

Who knew that having the book-related blues could be a good thing? Even if you're facing some frustrations, keeping your cranium active may make remembering easier. ISTOCK

JANE BORDEN
Metro World News

Do you figure that repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of Make It Stick: The Science of Successful Learning.

The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis, MO.

They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

"When I heard what he, McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear," he said.

For example, rereading texts won't really help you learn, and neither will repeatedly practicing tasks. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?

The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory, and this holds true even before we have been taught what the answer is.

How does that work?

When the brain encounters new information, the representation of that information is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

So the brain folds information into what is already stored?

And every time you have to work hard to retrieve learning, it becomes pliable again, and as the brain reconsolidates it, the most important aspects become more prominent and the paths to the knowledge are strengthened. But the key to this is effort. It's arduous retrieval practice that strengthens learning.

And when you mix up your practice, and the retrieval is more difficult because you're constantly switching between different topics, and it doesn't feel like you're mastering any of them, you are in fact building more complex neural connections and a more versatile ability to recall and apply the learning later.

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Dental hygiene Wednesday, April 9, 5 p.m. – room 501	Downtown
Digital graphic design & Web and graphic design Tuesday, April 8, 5 p.m. – room 819	Downtown
Hospitality management Wednesday, April 9, 6 p.m. – room 420	Downtown
Teaching English to speakers of other languages (TESOL) Tuesday, April 8, 12 p.m. – room 518	Downtown
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Restaurant classic comes to your table

Beef Fajitas. Beef and vegetables are cooked together in this recipe for an easy supper

DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes when I look in the pantry, all I see are flour tortillas. Then I wonder what I should whip up with them.

Well, most often classic recipes come to mind and they're enjoyed by everyone. These Beef Fajitas are one of those traditional recipes.

Because the veggies and meat are cooked together, you can serve the dish right from the skillet for that sizzle effect. These fajitas have some real spice to them!

FLASH FOOD

From your fridge to your table in 30 minutes or less

However, don't be afraid to use tortillas in other ways like as a pizza base with simple toppings to enjoy with a salad or to use up leftovers from another night's meal.

You can also bake some up and use them to dip into your favourite dips.

Healthy options are easy to enjoy when you have ingredients on hand, and even with something as simple as flour tortillas, you can create easy meals for dinner or lunch.

Ingredients

- 1 tsp (5 ml) canola oil
- 1 striploin grilling steak (about 8 oz/250 g), thinly sliced
- 2 tsp (10 ml) Worcestershire sauce
- Pinch cayenne
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 each red and green bell peppers, sliced
- 2 tsp (10 ml) chili powder
- 1/2 tsp (2 ml) each ground cumin and dried thyme leaves
- 1/4 tsp (1 ml) pepper
- 1/4 cup (60 ml) pasta sauce
- 4 small whole wheat tortillas
- 1/4 cup (60 ml) light sour cream (optional)

1. In large non-stick skillet, heat oil over medium-high heat. Cook steak, Worcestershire sauce and cayenne for 5 minutes or until browned. Remove to plate.

2. Return skillet to medium heat and cook onion, garlic, green and red peppers, chili powder, cumin, thyme and pepper for 8 minutes or until tender crisp. Add pasta sauce and cook for 5 minutes. Return beef to pan and cook until heated through.

This recipe makes two or three servings. EMILY RICHARDS

3. Place the meat-vegetable mixture in centre of a tortilla and dollop with some of the sour cream, if using. Roll up and then repeat with the remaining ingredients.

MLS

Whitecaps feeling right at home

It's hard to tell if Kenny Miller can carry a tune. He certainly gave it a go over the weekend.

It was a sight to behold, really. Miller, the Vancouver Whitecaps' designated player and striker, bouncing up and down in unbridled celebration with hundreds of soccer fans in the seats at BC Place Stadium and a megaphone in hand.

That was the scene immediately following the Whitecaps' 2-1 victory over the visiting Houston Dynamo on Saturday. Miller was coming off the pitch when he ran toward the Curva Collective, a group of Whitecaps supporters that sit in the west end zone.

He climbed into the seats, linked arms with a fan, grabbed the megaphone and helped lead everyone in a festive song, before removing his jersey and giving it to another fan.

Party on.

"It's an interaction with the fans. It's a thank-you for the constant support," said the 34-year-old Miller.

In two home games this season, the Whitecaps have certainly given their fans something to cheer about. They've scored six times and have only conceded two goals. More importantly, they're 2-0 at BC Place before back-to-back sold-out crowds early on, and can improve on that record when they host the Colorado Rapids on Saturday.

"Very important if we're going to compete and challenge for the playoffs that we win our home games," said head coach Carl Robinson. "But I want to win every home game. I believe we can win every home game this year." METRO

Rangers defenceman Ryan McDonagh and Canucks centre Jordan Schroeder fall over goalie Henrik Lundqvist on Tuesday night at Rogers Arena.
JONATHAN HAYWARD/THE CANADIAN PRESS

Whoa, Canucks not quite there

Livin' on a prayer.
St. Louis scores first goal in New York win as Vancouver's chance at playoffs down to 0.1%

CAM TUCKER
cam.tucker@metronews.ca

On Tuesday

Rangers	Canucks
3	1

During a stoppage in the second period of Tuesday's game between the Vancouver Canucks and New York Rangers, the hit Bon Jovi song Livin' on a Prayer blasted over the speakers at Rogers Arena.

Fitting, because it would take a miracle for the Canucks to get into the 2014 Stanley Cup playoffs. This late in the season, it's highly unlikely the prayers for another spring chase of hockey's Holy Grail get answered. According to the Sports Club Stats website, Vancouver's currently beleaguered National Hockey League team had a 0.1 per cent chance of making it to the post-season.

There's still a chance.

Well, maybe not after a 3-1 loss to the Rangers, coached by Alain Vigneault, who the Canucks fired last May after his seventh season in Vancouver.

Vigneault has the Rangers up to 90 points, fifth in the Eastern Conference and very much on their way to the playoffs.

The Canucks, under the guidance of John Tortorella, are 10th in the Western Conference. They have five games remaining and need to jump ahead of two teams.

With the end to this tumultuous season in sight, Canucks Nation is in a state of disarray.

According to photos circulating on Twitter, a group of protesters stood outside Rogers Arena holding signs saying "Fire Gillis" with some rather unflattering illustrations of the team's general manager Mike Gillis.

The Canucks fell behind the Rangers by a pair of goals in the second period, before Martin St. Louis put this game away with a short-handed goal in the third period.

4 SPORTS

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Wick'd tough

The secret's out. Wickenheiser reveals she played with a broken foot at Sochi Games

Hilary Knight of the United States and Hayley Wickenheiser of Canada dive for the puck during the women's gold-medal game at the Sochi 2014 Winter Olympics at Bolshoy Ice Dome in February. BRUCE BENNETT/GETTY IMAGES

It's a secret Hayley Wickenheiser could no longer hide.

The Canadian women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot.

The 35-year-old native of Shaunavon, Sask., was sporting a walking boot on her left foot at the Hockey Hall of Fame on Tuesday, where she was a guest speaker at the second annual Gatorade High Performance Hockey Summit.

"I've had a broken foot for about a year now so I'm trying to fix it," Wickenheiser said. "I'm wearing this boot so I can avoid having that surgery, hopefully.

"I knew it was broken at the time (of the Olympics), we just found out it was a little more serious break than we thought. It was just managing the pain."

Wickenheiser did a masterful job of hiding the injury. There was never a hint or mention of it prior to the Sochi Games or even after Canada's dramatic come-from-behind 3-2 overtime victory over the U.S. in the gold medal game.

But in an Olympic year, Wickenheiser didn't have the luxury of time to rest her foot, so she worked around it. With the national team's season over, she's had her foot in the boot for the last two weeks, with six more to go.

"After the Olympics … it's kind of perfect timing to rest the foot and just be able to get healthy again," she said. "I spent a lot of time on the bike versus running and did some work around trying to stabilize the foot.

"My medical team was really good with treatments to keep the swelling down. I just did a lot of things on one leg and tried to minimize the pounding on my foot in order to be able to get through the games. Now I've had the chance to see where the damage is and with a couple of months' rest, I should be fine. I wasn't able to rest it before."

This isn't the first time Wickenheiser has endured pain. She played in the 2006 Olympics with a broken wrist but was still the tournament's top scorer and MVP.

In 2008, Sports Illustrated included Wickenheiser on its list of the 25 toughest athletes.

Ironically, skating wasn't painful for Wickenheiser because of the support the skate boot provided her injured foot.

"It wasn't too bad," she said. "But the running and training we had to adjust."

THE CANADIAN PRESS

Quoted

"I just did a lot of things on one leg and tried to minimize the pounding on my foot."

Hayley Wickenheiser
Team Canada women's hockey gold medalist

Cristiano Ronaldo has scored his fair share of pretty goals on the pitch with Real Madrid and Portugal. He also looks good off the field with girlfriend Irina Shayk on his arm. Scan the image below with your Metro News app to vote on the hottest couples in sports.

Wednesday's Metro AR poll

HAROLD CUNNINGHAM/GETTY IMAGES

Metro AR poll results

50% Metro News readers voted the New York Islanders' 15-year, $67.5-million contract to Rick DiPietro the worst from our list of bad contracts. Here's how the rest of the underperformers fared :

19% Dion Phaneuf (7 years, $49M, 2013)

13% Gilbert Arenas (6 years, $111M, 2008)

6% Miguel Cabrera (10 years, $292M, 2014)

6% Ricky Romero (5 years, $30.1M, 2010)

6% Michael Vick (10 years, $137M, 2004)

Crosby no longer stuck on 99, but Pens have problems vs. Hurricanes

Penguins Lee Stempniak, from left, Sidney Crosby and Chris Kunitz celebrate Kunitz's first-period goal against the Carolina Hurricanes on Tuesday night in Pittsburgh. The Penguins lost 4-1, but Cole Harbour's Crosby assisted on the lone goal to push his season point total to 100. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Golf. Woods puts Masters on back burner after back surgery

Tiger Woods chose surgery to heal his ailing back over a quest for another green jacket, announcing Tuesday that he will miss the Masters for the first time in his career.

Woods said on his website that he had surgery Monday in Utah for a pinched nerve that had been hurting him for several months, knowing the surgery would keep him from Augusta National next week for the first time since he was a senior in high school.

The No. 1 player in the world is a four-time Masters champion.

"After attempting to get ready for the Masters, and failing to make the necessary progress, I decided in consultation with my doctors to have this procedure done," Woods said. "I'd like to express my disappointment to the Augusta National membership, staff, volunteers and patrons that I will not be at the Masters.

Tiger Woods has been playing through back pains ever since last summer. CHRIS TROTMAN/GETTY IMAGES

"It's a week that's very special to me," he said. "It also looks like I'll be forced to miss several upcoming tournaments to focus on my rehabilitation and getting healthy."

The Masters gets the highest television ratings of any golf tournament, and Woods commands most of the attention, even though he last won a green jacket in 2005. He won his first Masters in 1997 when he set 20 records, from youngest Masters champion at 21 to his 12-shot margin of victory.

"I know Tiger has been working very hard to return to form, and as I have said many times, Tiger has a lot of years of good golf ahead of him," Jack Nicklaus said. "I hate to see him robbed of some of that time by injury."

THE ASSOCIATED PRESS

See that symbol? It means you can scan this image with your Metro News app to see a video of a Hyundai designer talking about the exterior of the 2015 sedan.

2015 Hyundai Genesis

- **Type.** Four-door, all-wheel drive full-size sedan
- **Engines (hp).** 3.8-litre DOHC V6 (311); 5.0-litre DOHC V8 (420)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination).** $44,800

All-wheel drive

The powertrains are positioned inside a more rigid platform necessitated by the addition of all-wheel drive — the first for any Hyundai passenger car. The system, comes standard on both V6 and V8 models and distributes the torque 40:60 front-to-rear in normal driving conditions, but can send up to 90 per cent to the front, or 100 per cent to the back wheels if slippage is detected.

Fuel option

Hyundai states that both engines can use either premium or regular fuel without problem, although if the latter is used, some unspecified power reductions will occur.

Safety systems

Safety systems for the Genesis include automatic emergency braking, blind spot and cross-traffic alerts, lane-departure warning and parking assists. There's also a carbon dioxide sensor control system that pumps in fresh air automatically whenever carbon dioxide levels increase, helping to prevent drowsy driving.

Hyundai's new beginning

PHOTOS: WHEELBASEMEDIA.COM

Review. Competitors? As a second effort, the 2015 Hyundai Genesis marches to its own beat

MALCOLM GUNN
wheelbasemedia.com

In the beginning, Hyundai was focused on building small, inexpensive cars for the masses. Now the Korea-based automaker's offerings span nearly every niche, from entry-level basic to imposing luxo-cruisers.

Since the 2009 model year, the Genesis sedan has taken up residence at the premium end of the market (directly below the Equus) and the new-for-2015 edition arriving this spring maintains that spot.

The previous Genesis appeared as a compilation of several full-size luxury marques, including the Lexus LS, BMW 5- and 7-series and Mercedes-Benz E- and S-Class sedans. This time, however, Hyundai appears confident enough in its own in-house styling prowess that the Genesis is taking its own path, although some resemblance to the Audi A7 is evident.

Most unique is the trapezoidal grille that, when combined with fancy LED (Light Emitting Diode) headlight pods and running lights, give the Genesis a character all its own. The sweeping roofline ends at a truncated decklid flanked by an equally impressive set of LED taillights.

The simple interior shows restraint when it comes to shapes and buttons, the latter of which are mostly contained within the touch screen. Note the winged Genesis badge on the steering wheel.

Although Hyundai retained the Genesis's overall length to within a few centimetres of the previous design, it did extend the distance between the front and rear wheels by 7.5 centimetres, resulting in increased space for all passengers.

Those riders will experience a cabin that's much simpler than before. Hyundai has shown admirable restraint in keeping the knob, button and switch count to a minimum (many controls are now accessed through the touch-screen display), even though the steering wheel has picked up some of the slack.

Carrying over for 2015 with minor modification are the Genesis's two powerplants. The starting-point 3.8-litre V6 is rated at 311 horsepower and 293 pound-feet of torque (previously 333/291). The optional 5.0-litre V8 rustles up 420 horsepower and 383 pound-feet of torque, down nine horses but up from 376 pound-feet.

Compare

1 Chrysler 300 AWD
Base price: $40,800
Solid, powerful, full-size sedan with optional AWD and 470-horse-power V8

2 Lexus ES
Base price: $40,250
Popular FWD V6 luxury sedan is also available as a gas-electric hybrid

3 Cadillac CTS AWD
Base price: $55,300
New-for-2014 model can be had with AWD and in 420-hp turbo-V-Sport trim

5 DRIVE

Volvo could lead wave of cars from China

Geely. China's auto industry lacks presence in North America, but an analyst predicts we'll start seeing its cars in five years

AUTO PILOT
Mike Goetz
drive@metronews.ca

Volvo's first factory in China produces the S60 sedan for domestic Chinese consumption, but executives suggest it could also be exported to North America in the near future. COURTESY VOLVO CARS OF CANADA

Back in 2006, Geely became the first Chinese automaker to hold an exhibit at the Detroit auto show. It created so much buzz it made it hard to walk properly at the show. You had to wade through it.

Seemed like it would be only a matter of months before all North Americans would be driving Chinese-made vehicles, to match all the Chinese-made clothes, shoes and sunglasses we were already wearing.

But then the buzz died. And the Chinese makers never showed up.

Currently there is only one Chinese-made vehicle available for sale in the Canadian market — the Honda Fit. Honda used to get them from Japan, but production constraints there, as well as a too-high Japanese yen, made the Chinese factory a better option. And it's just a temporary thing, too, as Honda gets its Mexican plant ready to build the next-generation North American Fit.

In retrospect, the Chinese industry was clearly not ready to enter mature markets like North America and Europe, even though their domestic industry was going gangbusters. They had difficulty meeting the emission and safety standards in developed countries, and their cars were far from esthetic and/or technical knockouts.

Lack of dealer or retail infrastructure is another hurdle, one that requires deep pockets. While many Chinese automakers are not small, they are not large either by global standards. The smaller, private ones don't seem to have the coin to commit, and the state companies don't seem to have the nerve or the will.

Another factor that put the lid on exporting was the relative performance of emerging markets compared to mature markets. For example, vehicle sales in Europe are stagnating, while markets like South America, Southeast Asia, Russia and China itself are rising beautifully.

But we should still expect them to show up in North America at some point. One analyst predicted the best Chinese automakers would be here in about five years, while the others will take 10 years or more.

BYD, which boasts Warren Buffett as one of its investors, announced it would like to have cars in the U.S. two years from now, but it has a history of missing targets.

Actually, Volvo looks poised to play a major role in the first foray of Chinese-made vehicles into Western markets. Volvo is in a unique position to use China as a manufacturing and export base, because it is owned by the Chinese automaker, Geely.

Volvo's first factory in China produces the S60 sedan for domestic Chinese consumption, but Volvo executives suggested it could also be exported to the United States in the near future. Volvo and Geely are also collaborating on a new compact modular architecture that they both will use in their respective new vehicles. Analysts predict that the Volvo co-engineered Geely could be the first Geely exported to Europe and North America.

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Horoscopes

♈ Aries
March 21 - April 20
You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

♉ Taurus
April 21 - May 21
What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicions but today's cosmic set-up warns it's a bad idea to take chances.

♊ Gemini
May 22 - June 21
Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

♋ Cancer
June 22 - July 23
If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

♌ Leo
July 24 - Aug. 23
Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

♍ Virgo
Aug. 24 - Sept. 23
Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

♏ Scorpio
Oct. 24 - Nov. 22
You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

♐ Sagittarius
Nov. 23 - Dec. 21
If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

♑ Capricorn
Dec. 22 - Jan. 20
If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

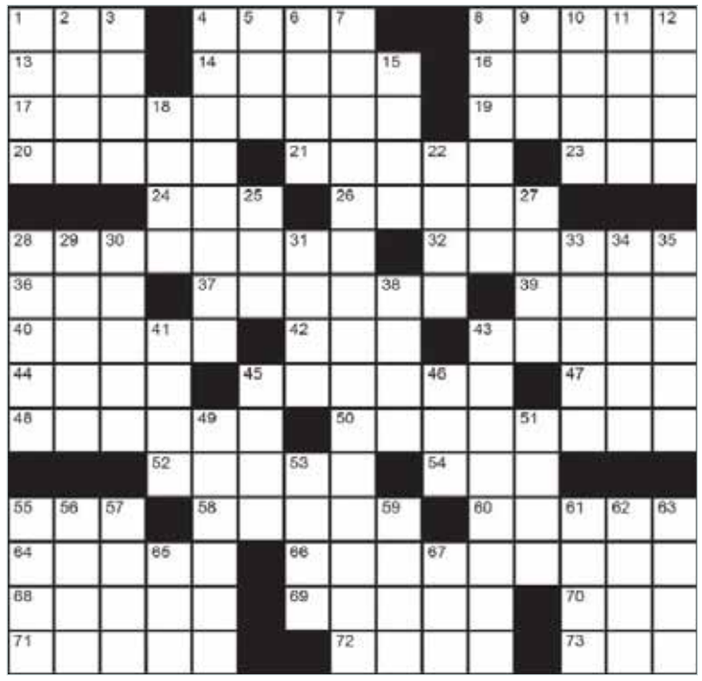
♒ Aquarius
Jan. 21 - Feb. 19
Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

♓ Pisces
Feb. 20 - March 20
If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

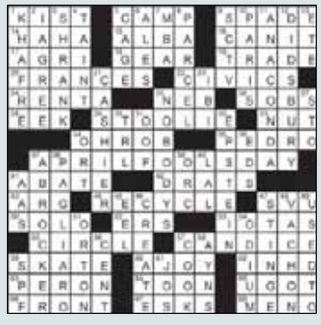
BY KELLY ANN BUCHANAN



Across
1. Actor Stephen
4. __-a-brac
8. Manitoba's highest elevation, __ Mountain
13. __ Dara (Jazz musician father of rap star Nas)
14. Ms. Remini's
16. Daisy type
17. Quebec village since 1600, located at the St. Lawrence/Saguenay rivers
19. Freshen
20. Cream cheese flavour, __ & Onion
21. Card deck's Jack
23. Classified __
24. Suppositions
26. Stairway sound
28. It's protected in a National Park
32. Arm injury aids
36. Antacid brand
37. Skillful
39. Actress Ms. Petty
40. Lawyer's expertise
42. Newt variety
43. Additional
44. Bike part
45. Botch: 2 wds.
47. Freezer stuff
48. Humid
50. BC village; or, 'Lanes' to shop at in downtown Toronto
52. 1950s fashion, now
54. Mr. Gershwin
55. Camel hair garment
58. Broadway offerings
60. Stage, as of a cycling event, in France
64. __ Bay (Canadian body of water)
66. Licence plate motto: '__ British Columbia'
68. Unaccompanied
69. Accounting firm, __ & Young
70. Early hrs.
71. Early __ (Morning person)
72. Video game maker
73. Charlotte __

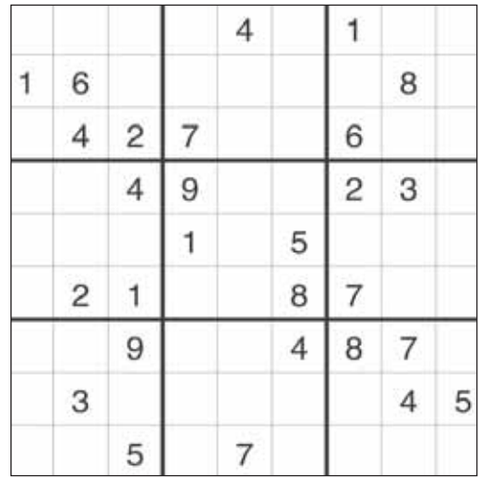
Down
1. Campus mil. program in The States
2. "In the Valley of __" (2007)
3. Posh car
4. Iris which is Quebec's provincial flower: 2 wds.
5. Home, briefly
6. "May _ __ a question?"
7. Typical weather forecast in April: 3 wds.
8. __ Shield (Biggest ecozone in Canada)
9. Big Joe Mufferaw's prop
10. Ms. Dunham
11. Tinted
12. Longbow woods
15. Incision mark
18. Roman love poet
22. Suit piece
25. Comedian Mr. Caesar
27. Tartan garb
28. Easts opposites
29. People of the Arctic
30. Longest river of France
31. Available
33. Pitcher's accomplishment, __-__ game
34. __-Roman (Wrestling)
35. Sea nymph
38. "__ _ blessing!"
41. Virtually
43. Gilbert & Sullivan output
45. Legendary story
46. Submachine gun type
49. Canadian folk musician, Don __ (b.1909 - d.1973)
51. Sixth/seventh notes, variantly
53. Boxer's pre-bout garb
55. Slightly open
56. Island of Indonesia
57. Old Testament: Book of __
59. Reasoned
61. From way out
62. Athletic footwear brand
63. Besides that
65. Hydrocarbon suffix
67. 18th President ...his monogram

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	4	7	3	6	9	5	1	8
6	9	8	2	5	1	7	3	4
3	5	1	7	8	4	9	6	2
9	1	2	5	7	8	6	4	3
8	6	5	4	9	3	1	2	7
7	3	4	6	1	2	8	9	5
1	7	3	9	2	5	4	8	6
5	2	9	8	4	6	3	7	1
4	8	6	1	3	7	2	5	9

Today
12°/7°
Partly cloudy

Thursday
11°/8°
Showers
80%

Know what the weather will be 14 days from now.
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